



**Supplemental figure S3.** Western blot quantification of overall GluN2A, GluN2B, GluN1, and GluA1 expression – Experimental group values expressed as 100%  $\pm$  s.e.m. of their respective yoked control group. No change was observed in the overall expression of GluN (NMDA receptors) subunits (A, B, C), but a significant increase ( $p = 0.0312$ ) in the overall GluA1 expression was observed after HIWM training and as compared to their YHIWM controls (D). Data are expressed as mean  $\pm$  s.e.m. \* indicates difference with the respective control group  $p < 0.05$ .